



How to deal with Substance Abuse problems?

Substance abuse is a pattern of compulsive substance use marked by recurrent significant social, occupational, legal, or interpersonal adverse consequences, such as repeated absences from school or work, arrests, and marital difficulties. Substances frequently include alcohol, marijuana, prescribed medicines like pain killers or anxiety pills, cocaine, heroin, methamphetamine, hallucinogens, and inhalants.



Causes

- **Genetic factors** - Family history of addiction can increase the chance of substance abuse.
- **Environmental factors** - Exposure to drugs at an early age, or easy availability of substance increases the chance of substance abuse.
- **Peer pressure** - The desire to fit in or to be accepted by the group increases substance abuse.
- **Physical health issues** - Chronic pain or illness increases the chance of substance abuse.
- **Psychological factors** - Increased curiosity and lack of awareness of the harmful effects of substance can lead to experimenting with substance the first time. Anxiety, stress, and depression can cause substance abuse.

Steps to prevent drug abuse

- Awareness of the harmful effects of substance
- Guidance and monitoring by parents, caregivers, and educators
- Adopting a healthy lifestyle with proper exercising and dieting
- Seeking emotional and moral support
- Avoiding environment where substance is available/accessible
- Having an open and honest communication with family and peers about substance issues
- Having a healthy peer group
- Improving self-control by managing stress, removing temptations, and monitoring your progress, and starting fresh every time you fall.



The benefits of a drug-free life

- Improved physical health
- Improved mental health
- Better interpersonal relationships
- Financial stability
- Increase productivity

Early intervention is very crucial for substance use problems. Seek professional help if you are struggling with substance use problems.

**For scheduling an appointment with a counsellor at
Bharathiar Counselling Centre,
call 0422-2428465 or email bcc@buc.edu.in**